

# HYDE COUNTY HOTLINE, INC.

*We are committed to promoting dignity, respect and safety at home resulting in safer community.*

Visit us at: Website: [HydeCounty-Hotline.org](http://HydeCounty-Hotline.org) Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)

## Community Newsletter

### November 2018

#### I Didn't Know It Was Abuse: A Survivor's Story

BY MEGHAN M

By a BTS Scholarship Winner



In July 2017, I was taking a class at Whittier Law School for my domestic violence advocate training. It was in that classroom where I realized that my father was an abuser. The program, which was required by California Evidence Code 1037.1, was intended for people who want to volunteer and work with domestic violence survivors. Many of our teachers were people who worked in the field such as therapists and social workers.

Before taking the class, I didn't know that abuse could appear in many different forms. I thought my father's treatment toward my mother was normal because I naively thought that abusive relationships were only physical. I thought purpling bruises and broken bones were the only signs.

My father didn't use his fists, but he isolated my mother from her family and friends by tracking her phone calls. He belittled her in front of me and in public by insulting her body and personality, saying comments like "she's such a pig" and "I don't understand how anyone can love you." He restricted my mother's access to money by asking her where every cent disappeared to and giving her a measly allowance. I didn't know all of this counted as domestic violence because I grew up witnessing it, so it seemed normal. I didn't realize it was abnormal until I sat inside that classroom where numerous therapists and social workers read and explained the different signs of abuse using research articles and anecdotes.

My father blamed his behavior on his own abusive childhood. My grandfather beat him regularly and humiliated him. However, in that class, I realized that repeating abusive behavior is a choice. There are many survivors of abuse who don't repeat the cycle and who discuss their own stories.

[Read More](#)

# How to Survive Gaslighting

## Four tactics for learning to trust your Intuition again

*I know what happened I'm not imagining things.*

*Am I imagining things?*

*He's right, I must be imagining things*



Gaslighting, a form of psychological abuse, is when someone makes you doubt your reality. They repeatedly tell you things didn't happen the way you remember them, you're imagining things or you're insane. In her memoir, *An Abbreviated Life*, Ariel Leve describes how being gaslit by her mother while growing up was worse than the other types of abuse she endured.

It wasn't the loudest and scariest explosions that caused the most damage. It wasn't the physical violence or the verbal abuse or the lack of boundaries and inappropriate behavior. What did the real damage was the denial that these incidents ever occurred.

The erasure of the abuse was worse than the abuse.

Kate Balestrieri, Psy.D., a licensed psychologist and certified sex addiction therapist supervisor, says it's common for survivors to be plagued by gaslighting long after other forms of abuse have ended.

'Gaslighting is a particularly insidious form of emotional abuse and is one of the most damaging, because it veers toward having the victim of the abuse distance themselves from their intuition,' she says. "When we're gaslit, we start to believe that everyone else knows better than we do, to doubt ourselves, and that can be very long-lasting."

And the effects don't only pertain to your relationship with your abuser. Gaslighting can cause you to doubt yourself in subsequent romantic relationships, family relationships and professional relationships. That is why it's important to address the effects of gaslighting even after leaving.

### Getting Past Gaslighting

It may take months or years to undo the damage an abuser has done through gaslighting, but it can be done. Balestrieri recommends taking the following steps:

**Keep a journal.** Write down your account of actions or conversations you think might be twisted or denied later.

"Keep a record of things that happened, so that when they're challenged later you can go back to your journal and rest assured from your own words that, yes, in fact, this did happen." Balestrieri says, "It may matter to the other person, but writing down your experiences and reflecting on them will help you learn, not to doubt yourself."

**Get a second opinion.** Try to stay connected to family and friends and ask them for a reality check when you're feeling doubtful.

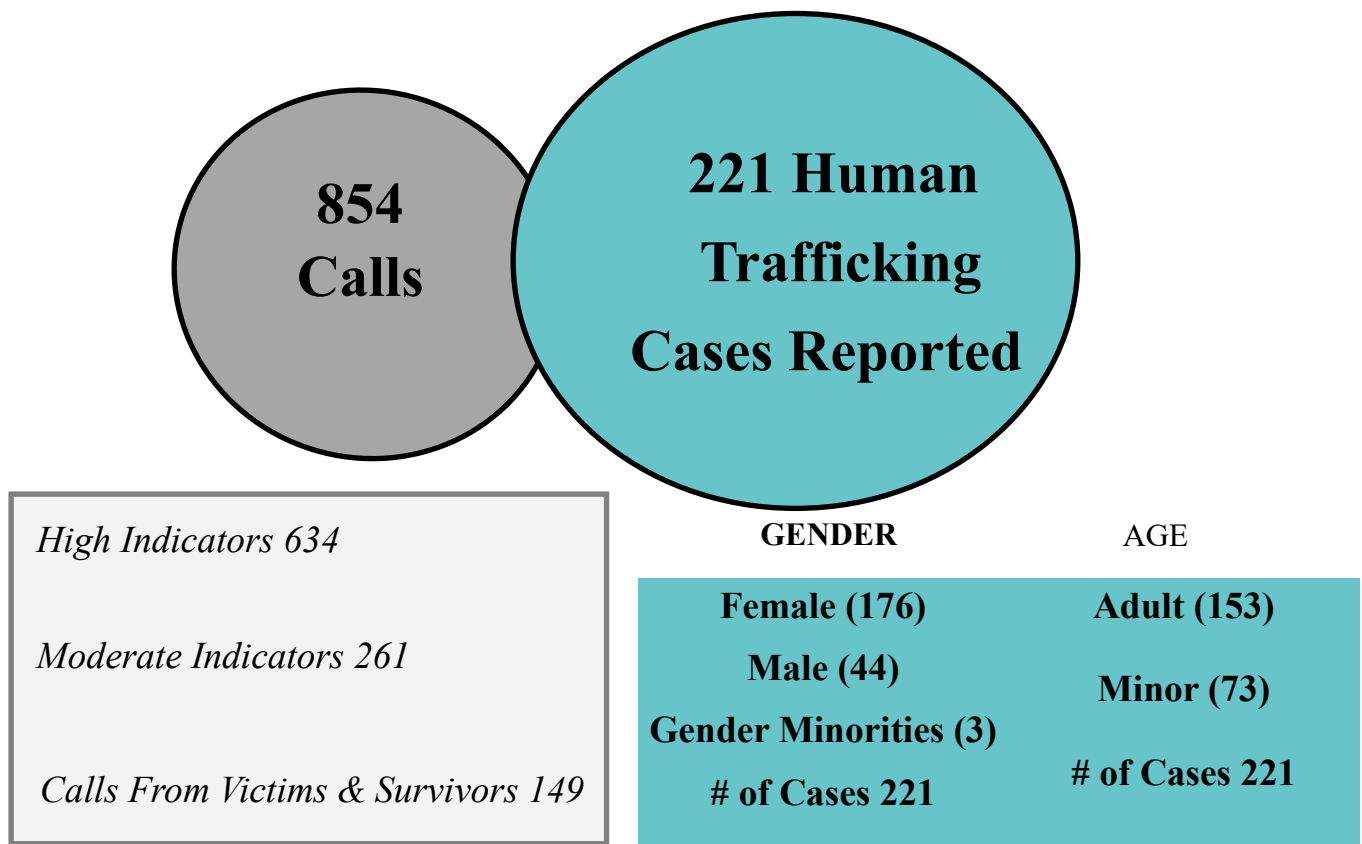
[DomesticShelters.Org](http://DomesticShelters.Org)

# North Carolina

## National Human Trafficking Hotline

2017 statistics are current as of 12/31/2017

Human trafficking is a form of modern slavery that occurs in every state, including North Carolina. The NHTH works closely with service providers, law enforcement, and other professionals in North Carolina to serve victims and survivors of trafficking, respond to human trafficking cases, and share information and resources. **Learn more about human trafficking in North Carolina by browsing the hotline statistics, resources, and local events listings below.**



### TYPE OF TRAFFICKING

Sex Trafficking (149)
Labor Trafficking (51)
Sex and Labor (16)
Trafficking Type Not Specified (5)

# of cases 221

These statistics are non-cumulative. Cases may involve multiple victims and include males and females, foreign nationals and U.S. citizens, adults and minors. In some cases, callers do not provide demographic information.

*The data displayed on this site is generated from information communicated to the National Human Trafficking Hotline via calls, emails, or web forms. The National Hotline cannot verify the accuracy of the information reported. This is not a comprehensive report on the scale or scope of human trafficking within an area. These statistics may be subject to change. [For definitions of types of calls and requests on human trafficking cases, click here.](#)*

# Hyde County Hotline

Crisis Intervention, Advocacy and Prevention

Confidentiality Emergency Shelter

**24 Hour Crisis Line 252-925-2500**

PO Box 335

Tel: (252-)925-2502

Engelhard, NC 27824

Fax: (252)925-2501

**From August 2017- July 2018**

**Hyde County Hotline has served 106 victims of Domestic Violence and Sexual Assault consisting of 501 crisis calls.**

## **WHAT WE DO**

- Crisis Intervention
- Domestic and Sexual Violence Advocacy
- Human Trafficking Advocacy
- Survivor Services
- Safe Shelter
- Support Groups
- Referrals
- Programs Presentations
- Participates with DSS Work First Program



**We serve victims of sexual victimization, domestic violence and human trafficking do not discriminate regardless of race, color, sex or sexual orientation.**

# Hyde County Hotline

Serving victims of Domestic Abuse  
and Sexual Victimization

**24 Hour Crisis Line**

**252-925-2500**

PO Box 335, Engelhard, NC 27824  
Advocacy Office 252-925-2502



**We love Volunteers!**  
Please help and  
call Hyde County  
Hotline  
**252-925-2502.**



*Council for Women*  
ADMINISTRATION



**Thank you to the family Violence Prevention Services Program  
US DHHS, for financial support.**